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Summer 2025

Help stop the spread of flu and colds: Wash hands / Sanitize

Stay updated and connected!



	M	T	W	Th	F	S
3:45						9am - 10am Saturday all belt Juniors and adults
4:15	ADVANCED				HEROES KICK NASTICS 4:15- 4:45pm	 ADULT CLASS Heroes 9am - 9:30am
5:00	BEGINNER				ADVANCED	HEROES KICK NASTICS 9:30am - 10am
5:45	HEROES KICK NASTICS 5:45pm - 6:15pm 		COMBINED: BLACK BELT 5:45PM to 7:30pm		BEGINNER 	 KickNastics Saturday Clinic 10am - 11:30am
6:30	 * All 6:30pm classes are 1 hour long					New: Saturday 10am adult Eskrima



= Beginner Juniors
White, Orange, Gold, & Green



= Intermediate Juniors
Purple, Blue, Adv.Blue, & Brown



= Advanced Juniors
Adv.Brown, Red, Adv.Red, & Candidate



= Adult All Belt

*All Heroes classes are 30 minutes, and all other classes are 45 minutes, except for the 6:30pm classes and Saturday all belt class, which are 1 hour.